



Arlington Council on Aging

Agenda

Date: Thursday December 17, 2020 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Marge Vanderhill, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the November, 2020 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report: Marge Vanderhill
7. ASA Liaison Report
8. Old Business
 - a. new Board members
 - b. Vice Chair (vote)
9. New Business
10. Adjourn - Next meeting: January 21, 2021

Executive Director's Report

Kristine Shah

I. Updates on Programs/Services

- i. 148 Thanksgiving Meals were delivered by volunteers on Thanksgiving morning. Although it was raining, and there was quite a backup of traffic, it was inspiring to see so many people taking time from their holiday to deliver a meal to an older adult in need. The partnership this year between NEAT, Arlington EATS, Food Link, the Retired Mens Club and COA to make this event happen was wonderful.
- ii. Chromebooks are still available for distribution as a part of our new Technology Loan Library. They have all been formatted with an e-mail address and easy directions for use.
- iii. Since our last board meeting we have added 4 exercise class options that now air on ACMi. We have also added a daily "Gentle Morning Stretch" which takes place each weekday on zoom. Our other virtual exercise/yoga classes, Muscle Strengthening and Tai Chi options continue.
- iv. In an effort to be more visible in the community, we are planning to add a monthly COA update on ACMi. If you would like to participate in one of these updates please let me know.
- v. Other virtual programming continues to grow: new offerings for January include "Talk with The Doc" (about COVID safety, Q&A about upcoming vaccine) and also a "Reminiscing and Life Review" discussion group with Lourie August.
- vi. Our podiatry clinic took place for the first time at the office of Dr. Dan Seligman on December 7 and was a success. We have already scheduled the next clinic at his office for January 11 and have a long list of folks on our waiting list who would like an appointment.
- vii. Our Holiday Grab & Go event took place on December 17. Future grab & go events will continue through the winter and both Sunrise Assisted Living and Brightview have offered to help sponsor the items/meals given out.
- viii. Our Warm Wishes holiday gift bag program continues this year and volunteers are currently delivering holiday gift bags to 75 older residents in town, identified by our social workers. This year's program was in conjunction with Maxima and also includes a \$10 gift card to a grocery store in each package along with personal needs items.
- ix. Fuel Assistance renewals are under way and we are experiencing an increase in numbers of new applicants. We are reaching out through Social Media and other town channels to make sure residents are aware of this financial service and others like SNAP and the COVID relief fund.

b. Financial Updates

- i. We have applied for the following new Grants and are awaiting answers:
 1. \$20,000 from MAPC for Taxi/Livery transportation for older adults in Arlington.

2. \$10,000 from CHNA 17 to fund transportation to mental health appointments and access to technology for virtual mental health appointments for Black/African American residents.
 3. \$10,000 from Lahey/BIDMC Health for Transportation.
- ii. We will be doing a social media Capital Campaign giving opportunity this month. The post will be mostly informative, with updates on the construction project, and also explaining the new vision for the technology needed in the center so that we can continue virtual offerings even after the pandemic is behind us.

c. Property Tax & Rent Relief Programs

- i. The new group of Senior Property Tax Workoff/Harry Barber volunteers has been finalized. Volunteer roles will begin in January and offer a variety of remote/socially distanced volunteer options for participants.
- ii. Deadline for Elderly & Disabled Tax Relief Applications is January 31. We will be doing outreach around this to inform residents that they should apply.

d. Other

- i. Thank you to those who volunteered to be a part of our Dementia Friendly Arlington subcommittee and our Membership subcommittee. We will schedule our first Dementia Friendly subcommittee meeting in January.
- ii. COA Staff are now fully operating on the 2nd floor of the building and construction on the Ground Floor is underway. Updated timelines show summer 2021 as the completion of the new center.
- iii. If you haven't already "liked" our COA Facebook page, please do! We are posting more often and would love if you would "like" and "share" our posts so we get more followers.